

<b>INFORMATION DISCLOSURE CITATION</b> <i>(Use several sheets if necessary)</i>	Docket Number (Optional) <b>FIRS-2992</b>	Application Number <b>10/631,279</b>
	Applicant(s) <b>Keith A. Raniere</b>	
	Filing Date <b>07/31/2003</b>	Group Art Unit <b>3715</b>

**U.S. PATENT DOCUMENTS**

*EXAMINER INITIAL	REF	DOCUMENT NUMBER	DATE	NAME	CLASS	SUBCLASS	FILING DATE IF APPROPRIATE

**U.S. PATENT APPLICATION PUBLICATIONS**

*EXAMINER INITIAL	REF	DOCUMENT NUMBER	DATE	NAME	CLASS	SUBCLASS	FILING DATE IF APPROPRIATE

**FOREIGN PATENT DOCUMENTS**

	REF	DOCUMENT NUMBER	DATE	COUNTRY	CLASS	SUBCLASS	Translation	
							YES	NO

**OTHER DOCUMENTS** *(Including Author, Title, Date, Pertinent Pages, Etc.)*

		Half Marathon Training, Running and Racing...Part Two, Anaerobic Threshold Training. [online]. 3 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: <a href="http://home.sprynet.com/~holtrun/halfmara.htm">http://home.sprynet.com/~holtrun/halfmara.htm</a> >.
		BALBACH, Lisa. What is Aerobic Exercise and Why Should I do it? [online]. 2 pages. [retrieved on 8/16/2000]. Retrieved from the Internet:< URL: <a href="http://k2.kirtland.cc.mi.us/~balbach1/aeroprin.htm">http://k2.kirtland.cc.mi.us/~balbach1/aeroprin.htm</a> >.

<b>EXAMINER</b>	<b>DATE CONSIDERED</b>
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	HIGDON, Hal. Hal Higdon's Marathon Training Guide - Novice Program. [online]. 2 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: <a href="http://www.halhigdon.com/marathon/nprogram.html">http://www.halhigdon.com/marathon/nprogram.html</a> >.		
	HIGDON, Hal. Hal Higdon's Marathon Training Guide - Advanced Program. [online]. 2 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: <a href="http://www.halhigdon.com/marathon/eprogram.html">http://www.halhigdon.com/marathon/eprogram.html</a> >.		
	TUCKER, James A., DC, CCN. Aerobic Exercise. [online]. 3 pages. [retrieved on 8/16/2000]. Retrieved from the Internet:< URL: <a href="http://www.jkfa.com/alpub/aerobics.htm">http://www.jkfa.com/alpub/aerobics.htm</a> >.		
	Star Trac Model TR4500 Treadmill. [online] 2 pages. (Product information page) iTreadmills.com™. [retrieved on 11/8/2000]. Retrieved from the Internet:< URL: <a href="http://www.itreadmills.com/startrac/tr4500_treadmill.htm">http://www.itreadmills.com/startrac/tr4500_treadmill.htm</a> >.		
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